

# INhance Holistics

## Hello,..My name is Rosalie.

I grew up in Christchurch, New Zealand, and lived in Queenstown for 9 years after leaving school. I worked in the tourist industry in my early career, but when I moved back to Christchurch some time later, I found myself gravitating toward the health, fitness and wellness industry.

I attended the Christchurch College of Natural Medicine to learn massage, and nutrition., and then started work as an Assistant Manager in a health food store in the city.

I gained my Exercise Science Level One Certificate at Christchurch Polytechnic and also Anatomy and Principles of Exercise for instructors at the University of Canterbury.

I then worked casually in the fitness industry, and obtained a certificate in Holistic Pulsing (Foundation Course Level One) through Global Embrace. (Tovi Browning N.D, D.O)

I have lived in Australia for more than 20 years, and began using mymassage techniques at the Sheraton Health Centre and City Massage. (Townsville).

I followed natural therapies through my own endeavor to stay healthy and to address my own personal health issues and challenges.

Massage progressed to a home-based career, and in recent years I also commenced Chinese study perspectives to complement my therapeutic and relaxation massage, tapping and pulsing.

I have lived in Brisbane for some years now, and I am discovering why my stepping-stones were laid and why certain things occurred, bringing me to this point.

The quest of happiness for me can only be through living my passion and joy.

I understand my purpose - to offer assistance to others to do the same, and to heal.

Massage has now become only a part of what I have to offer - I hope Inhance Holistics is what you are looking for .....

Your sessions will be tailored to you as a unique individual - from your own instruction.

I am contactable by landline. mobile, or email, and I will spend as much time as needed in your understanding of the different processes.

There are no additional costs in extended appointments if you should need a little extra attention, and there are no products being sold through this business.

My aim is to assist you in your journey. Along with you, I will help you to become a self-conscious master of your internal and external environment. To help you live fully by the natural laws and divine plan governing all things - To help you find the path of least resistance.



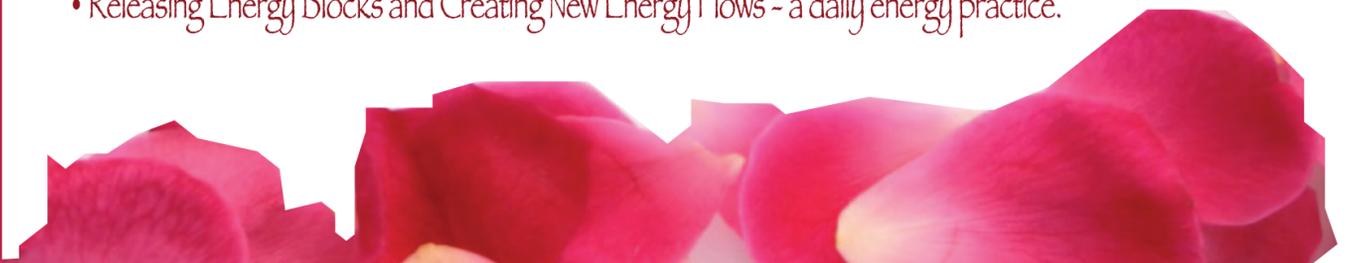
## What I do

Using both verbal and hands-on techniques, my role is to help guide you into becoming a full participant in your own life. To stand with integrity in your unique purpose and destiny. Together, we will awaken your senses and help you discover the potential to be all you are here to be. I will share with you many of the wonderful tools that I believe will assist you to maintain a state of ease, and help you develop the key to stop "dis-ease" from manifesting. I will also share simple physical and dietary choices to help you awaken your energy being, and develop your own inner healing mechanisms. It is my belief, that it is our birthright to live with ease. New levels of awareness, healthy well being, vitality, confidence, focus, and clarity will be testament to the changes experienced. My holistic massage is a beautiful interaction of techniques addressing all facets of our 'being'.

- Holistic Massage for Stress and Tension Release, and Healing
- Holistic Pulsing, Polarity Rocking and Tapping
- Personal tuition enhancing all aspects of Mind, Body and Spirit
- Meridian Energy Activation, balancing and healing
- Brazilian toe massage (Chi Energy Circuitry)
- Meditation Silencing and Yoga to fine-tune the body/mind
- Esteem Enhancement - (Laws of Attraction)
- Weight Control assistance, including food disorders and behavioral escapism
- Education on Food Choices for Vitality and Longevity
- Lymphatic Drainage, Shiatsu Massage, Neuro Vascular holding points, and Acupressure.
- Open heart merging (from the finite mind to the infinite essence of the heart)

**Are you living with passion and experiencing joy and abundance? Do you feel at ease? Stress Free? I can help you achieve optimal health and well being!**

- Pain relief
- Allergies
- Anxiety
- Relationship issues
- Self esteem
- Anger
- Abundance blocks
- Depression
- Insomnia
- Overwhelm
- Fears and phobias
- Addiction
- Trauma
- False Beliefs
- Weight control
- Releasing Energy Blocks and Creating New Energy Flows - a daily energy practice.



# Ancient Techniques for Modern Day Stress!

A Fresh Approach to Stress and Anxiety  
in these Difficult Times!



The four wings of existence  
embodies one core essence  
mental | physical | spiritual | material

## INhance Holistics

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